



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • (203) 452-5199

DECEMBER 2017

First Selectman (203) 452-5005

Vicki Tesoro

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5199

Administrative Assistant

Ashley Ryan Grace (203) 452-5137

Senior Center Receptionist

Jeannie Franco (203) 452-5137

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

The Center will be closed
Monday, December 25th

Happy Holidays!



The Center will be closed
Monday, January 1st.

Happy New Year!



We Have a New Caterer!

Let's welcome "A Pinch of Salt."

Please make reservations 2 days in advance by calling
(203) 378-386. Lunch is a \$3.25 suggested donation and
is served daily at 11:45 AM.



2017 SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Vice-Chairman - Dee Chiota

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Dorothy Merritt

Mary Moran

CENTER HOURS

Monday through Friday

9:00 AM—4:00 PM

Thursdays

9:00 AM—7:00 PM

The Center at Priscilla Place Inclement Weather Policy *Trumbull Senior Center*

If Trumbull Public Schools are **closed** due to bad weather, all activities/
classes/transportation/lunches are cancelled and the Center will be **closed**.

If the Trumbull Public Schools are **delayed**, the Center **morning** activities
are delayed. Be sure to check all closings and delays for the delayed opening
time. **Trumbull Senior Center Closings and Delays are publicized on T.V.
channels 12, 8, 6 and 3; on WICC 660 and WEBE 108 on the radio; and
on the and Town of Trumbull website. For a text alert on our delayed
or closing status sign up at:**

NBC:

<https://www.nbcconnecticut.com/news/local/Sign-Up-For-Winter-Weather-Closing-Alerts-106521708.html> OR

WSFB CHANNEL 3:

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

If travel becomes hazardous during the course of the day due to bad weather,
staff may cancel activities for the remainder of the day. If this occurs, all bus
passengers will be driven home. No passenger will be left stranded.
Members and instructors are encouraged to check for cancellations or delays
during inclement weather.





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WORKSHOPS, LUNCH AND LEARNS, EVENTS

Lunch and Learn

Keeping Connected through the Holidays

Wednesday December 6th

11:00 AM

Join us for an informative presentation focusing on how to develop and maintain connections during the holiday season with friends and family. This presentation is being presented by Shanon Jordan, Southwestern Regional Director of the Alzheimer's Association CT Chapter. Lunch will be provided by Wilton Meadows and The Greens at Cannondale. For more information and to RSVP, please call us at (203) 452-5137.

AARP Safe Drivers Course

Friday, December 8th

9:00 AM—1:00 PM

\$15.00 members and \$20.00 non-members. Checks only please. To RSVP, please call (203) 452-5137.

Lunch and Learn

Recognizing the Symptoms of Heart Disease + Good Nutrition

Wednesday, December 13th

10:30 AM

Join Dr. Orr, Cardiologist from St. Joseph's Center in Trumbull, to discuss how nutrition plays a major role in heart disease. Lunch will be provided by St. Joseph's Center in Trumbull. For more information, please (203) 452-5137.

Thursday Evening Programs

Overcoming Anxiety and Improving Digestive Health

Thursday, December 7th

6:00 PM

Join Dr. Davidson and Dr. Cummins, to discuss causes of anxiety and digestive problems with natural treatments options along with a comprehensive laboratory assessment. For more information and to RSVP, please call (203) 452-5137.

Thursday Evening Yoga

October 5th—December 21st

6:00 PM—7:00 PM

\$5.00 Per Class or

\$50.00 for 12 weeks

To RSVP, please call (203) 452-5137



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Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry:
\$65.00

Save the Date: Lunch and Learn

Wed. January 10th, 12:30 PM

- Veteran's Pension Benefits
- Funeral Trust Planning & Medicaid 1:00 pm

Hosted by Cyril F. Mullins Funeral Home



WELLNESS NURSE

The Wellness Nurse

(203) 452-5134

The Wellness Nurse, Stephanie Ramalhete, is available at the Senior Center on Tuesdays, Thursdays and Fridays from 9:00 AM—1:00 PM and Wednesdays from 9:00 AM-1:00 PM. She is also available at Stern Village on Wednesdays from 11:00 AM-1:00 PM

- Blood pressure checks
- Medication questions
- Weight
- Nutrition
- Assists with doctors appointments.

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Join us, all are welcome! Please bring your own supplies. Extra yarn is available. Donations welcomed.

Facebook Lesson

December 12— 1:00 PM-3:00 PM

Instructors Emily and Cheryl will introduce you to Facebook. Connect with your family and friends.

Learn Smart Home Devices

1:00 PM-3:00 PM

December 19—Smart Home Devices (Smart TV, Alexis, automatic lights, etc.)-No charge For more information and to RSVP, please call (203) 452-5137.

FAMILY CONFLICT GROUP

A 12 WEEK Group that will meet on The 1st and 3rd Thursdays of the month at **2:00 PM**.

This group is run by a licensed professional.

This group is for anyone feeling frustrated with their family relationships; such as not connecting with your children nor grandchildren as often as you would like. Or you have strained relationships that are affecting you.

December 7th and 21st.

For questions, please call Chanté P. Moreno, LMSW
cmoreno@trumbull-ct.gov
203-261-5110



Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5137.

Spots fill quickly. \$5.00 for non-residents. If you have a laptop, please bring it in.

Monthly Birthday Party

Friday, December 15th

11:30 AM

Come celebrate our December birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, call (203) 452-5137.

Lunch and Movie

Friday, December 22th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film: Maleficent. Maleficent transforms from virtuous to villainous in this magical fantasy inspired by “Sleeping Beauty.” Starring: Angelina Jolie and Elle Fanning. To RSVP, please call (203) 452-5137.

The Book Club

Monday, January 8th, 11:00 AM

“The Secret Keeper”

by Kate Morton.

Books will be available to pick up at the Center the first week of December. Available in audio and large print.

Everyone is welcome.



Daily Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM. Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

GAMES

Bingo

Monday, December 11th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)



Goodies and refreshments. To RSVP, please call (203) 452-5137.

Super Bingo

Friday, December 15th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments! RSVP by calling (203) 452-5137. Sponsored by the Senior Commission and SYNERGY Homecare.

Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas-Hold'em?

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays 12:30 PM

Mah-Jongg players afternoons in the library and the meeting room. New players are welcomed to join!

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-12:45 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Thursdays:

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Gail-10:30 AM Bring weights of any size, water, and a positive attitude.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.

6:00 PM Yoga with Jackie-\$5.00 per class/\$50.00 for 12 sessions Relax and de-stress with yoga exercises that focus on strength, stretch, balance and core.

Fridays:

Zumba Gold with Jeannie-9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

Qi Gong with Julie is returning!

January 6th, 2018

Wednesdays at 12:30 PM

Stay for Tea!



ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

Beading Class

Viola will return in the Spring for the monthly beading class!

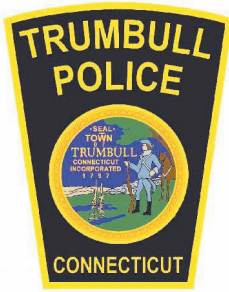
Let's Go Green!

Sign up to receive our newsletter by e-mail.

Email: jfranco@trumbull-ct.gov.



COMMUNITY NEWS



Holiday Safety Tips

The Trumbull Police Department would like to wish everyone a very Happy 2017 Holiday Season and offer the following Holiday Safety Tips.

As many people travel during the holiday season to visit family, friends, and relatives; the most important tip that we can offer is to drive safely. It is estimated that the amount of vehicular traffic during the Holiday Season doubles. Whether driving to a family function or a shopping center to do holiday shopping, drivers are reminded to obey all of the traffic laws and be patient when sitting in traffic. Observant drivers free from any type of distraction (including cell phone use) is less likely to be involved in a crash while operating a motor vehicle.

Drinking and Driving is not tolerated during the increased amount of traffic and travelers during the Holiday Season. Trumbull Police Department has taken a strong initiative to detour and combat the amount of drinking and driving. Extra motor vehicle / DUI patrols have been added to the schedule throughout the holiday season including the actual Holidays themselves.

When traveling or shopping at a place of business, have a plan. Be sure to let your family members know where you are traveling to, the route that you will be taking, the estimated time that you will be away, and any other pertinent information. (backup route in case of heavy traffic)

When your vehicle is at rest, be sure to LOCK THE DOORS, and keep any expensive items out of view. Remember where you park when shopping at busy malls or stores. Make sure your vehicle is in proper working order and do not let your gas tank fall below one quarter of a tank in case you get stopped in unexpected traffic.

Lastly remember to fasten your seatbelt and make sure that any car seats are properly installed. Seat belts save lives.

The Social Security Administration announces an increase in Social Security Benefits in 2018. Individuals on SSA will receive a 2% increase in 2018. SSI payments will go up to \$750/month for single individuals, \$1,125/month for couples.



DONATE TO YOUR LOCAL TRUMBULL FOOD PANTRY

THE FOLLOWING ITEMS ARE NEEDED THIS HOLIDAY SEASON TO HELP OUR FAMILIES.



- COFFEE, HOT CHOCOLATE
- TEA
- CAKE, COOKIES, BROWNIE MIXES, ETC.
- APPLE, CRANBURY, AND PUMPKIN SAUCE

thank you!

A big thank you to Ron and Barbara Foligno for the donated mirror and framed artwork.

Also for hanging all the other donated items around the building!

Thank you to Stop and Shop for their food donations; thank you to the Senior Commission for their sponsorship of the Senior Luncheons and programming!

WISH LIST

- 11X14 Matted picture frames
- Bingo prizes, new items only
- Poster size frames
- Framed artwork

The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Call to inquire. (203) 452-5137. Registration is required.

Westfield Trumbull Shopping Center Thursday, December 7th

Join us for a trip to the Westfield Trumbull Shopping Center. Stores include Macy's, Target and Old Navy. Enjoy lunch in their updated food court.

Transportation is free; you are responsible for the cost of your shopping and lunch.

To RSVP, please call (203) 452-5137.

Maximum 14 people.

Bus Schedule

Bus will leave the Center at 10:30 AM.

Trumbull Mall from 11:00—2:00 PM

Bus will return to the Center by 2:30 PM.

Christmas Tree Shop and Chip's Family Restaurant Thursday, December 14th

Do you love to shop? Join us for a trip to the Christmas Tree Shop in Orange. After shopping, enjoy lunch at Chip's Family Restaurant.

Transportation is free; you are responsible for the cost of your shopping and lunch.

To RSVP, please call (203) 452-5137.

Maximum 14 people.

Bus Schedule

Bus will leave the Center at 10:30 PM.

Christmas Tree Shop: 11:00 PM—1:00 PM

Chip's Family Restaurant: 1:15 PM—3:00 PM

Bus will return to the Center by 3:30 PM.

The Shuttle Loop: Get a choice!

Must RSVP: (203) 452-5137

Estimated pick up time between 9:00 am-10:00 am

Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

• Thursday, December 28th

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

Stop and Shop Schedule: Call for a pick up

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

Wheelchair accessible, aides or caregivers are welcome.

Must RSVP: (203) 452-5137



Need a Ride to the Doctor?

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center Membership is not required but all riders must fill out a registration form. Donations are gratefully accepted. Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611



DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*

Take a look at our day and overnight trips. Anyone is welcome; membership or residency not required.

Driver trips: all amenities are included in the price.

Email Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5137.

Payment and trip policy form is required before signing up.

Boars Head Feast at the Williams Inn

Getaway Tours

Date: Tuesday December 12th

Cost: \$117.00

Includes: Transportation,
Boar's Head Procession,
Christmas Buffet and Cabaret,
Bright Nights Holiday Light
Display, Gratuities for Driver



A Rockwell Christmas Norman Rockwell Museum

Red Lion Inn

Bright Nights

Date: Friday, December 29th

Cost: \$115.00

Tours of Distinction

Includes: Transportation,
Admission to Norman Rockwell
Museum, Lunch, Bright Nights,
Taxes and Gratuities



2018 Trips Coming Soon!

- *CT Flower & Garden Show*
 - *Aqua Turf*
 - *A Chorus Line—Westchester Broadway Theatre*
 - *Log Cabin in Holyoke, MA.*
 - *Harlem Tour*
 - *Lobster & Casino*
- Stay Tuned.....**

Over Night Trips with Collette Tours

**Tour: Discover Switzerland,
Austria & Bavaria**

Departing: Thursday, April 12th,
2018

Returning: Saturday, April 21st,
2018

Double: \$3,799.00

Single: \$4,099.00



Tour: Albuquerque Balloon Fiesta

Departing: Thursday, October
11th, 2018

Returning: Tuesday, October 16th,
2018

Triple: \$2,649.00

Double: \$2,679.00

Single: \$3,379.00



Basketball Hall of Fame 2017 Women's Holiday Showcase at Mohegan Sun Arena UConn Huskies VS.

OKLAHOMA SOONERS
Getaway Tours

Date: Tuesday, December 19th
Price: \$69.00

Game time is 7:00PM. We will
arrive at Mohegan Sun early so
that you may enjoy dinner and the
gaming tables before the game.
Includes: Transportation, Tickets,
Food Voucher and Casino Bonus,
Driver's Gratuity



Escape the Cold Enjoy Some "Sun"! Treat yourself to a luxurious stay at... Mohegan Sun!

Getaway Tours

Date: January 24-25, 2018

**Cost: \$163.00 PP Double,
\$228.00 PP Single,
\$153.00 PP Triple**

Includes: Transportation, Hotel
Accommodations, Buffet
Vouchers, \$20.00 Free Slot Play,
Taxes and Baggage Handling,
Driver's Gratuity



Westchester Broadway Theatre Presents:

"100 Years of Broadway"

Gateway Tours

Date: February 1st, 2018

Cost: \$99.00

Includes: Transportation, Lunch and Show, Driver's Gratuity



Monday	Tuesday	Wednesday	Thursday	Friday
<h1>HELLO DECEMBER!</h1>		<p>Interested in playing Chess?</p>  <p>Contact Joe Guerini at (203) 218-4460</p>		9:00 Dance & Tone 1 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Holiday Party 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 4 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 5 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 1:00 Iphone, ipad, tablets 1:30 Tai Chi Quan	9:00 Yoga 6 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 11:00 Staying Connected 12:30 Pinochle & Mahjong	9:00 Balance & Core 7 9:30 Water Colors 10:00 Slim Approach 10:30 Trumbull Mall Trip 10:30 Strength Training 11:30 Feldenkrais 12:30 Pinochle 2:00 Family Conflict 6:00 Yoga	9:00 Dance & Tone 8 9:00 Wellness Nurse 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 11 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 1:00 Bingo 2:00 Yoga	9:00 Wellness Nurse 12 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:00 Facebook 1:30 Tai Chi Quan	9:00 Yoga 13 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Cardiologist 11:00 Tap Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game	9:00 Balance & Core 14 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 10:30 Xmas Shop Trip 11:30 Feldenkrais 12:30 Pinochle 6:00 Yoga	9:00 Dance & Tone 15 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 12:30 Mahjong 12:30 Pinochle 1:00 Super Bingo 1-4 Billiards Game
9:00 Stretch 18 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 19 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:00 Smart Home Devices 1:30 Tai Chi Quan	9:00 Yoga 20 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong	9:00 Balance & Core 21 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 2:00 Family Conflict 6:00 Yoga	9:00 Dance & Tone 22 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
25 <i>Merry Christmas</i> 	26 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 1:30 Tai Chi Quan	27 9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong	28 9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 6:00 Yoga	29 9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game



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Greater Bridgeport Senior Community Café: TRUMBULLSENIOR CENTER

Café
203-378-3086

December Menu

1% or Skim milk provided
Margarine available
Bread and Juice
served daily

MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION \$3.25	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Garden Salad Chicken with Mushrooms Cream Sauce Green Beans Angel Food Cake with Raspberry Sauce
4 Garden Salad Roast Pork Spanish Rice Roasted Broccoli Brownie	5 Creamy Tomato Soup Orange Glazed Chicken Potato Salad Roasted Carrots Fresh Fruit	6 Garden Salad Ravioli with Tomato Sauce Vegetable Medley 100% Juice Fruit Cup	7 Creamy Mushroom Soup Meatloaf Mashed Potato Green Beans Fresh Fruit	8 Potato Leek Soup BBQ Chicken Macaroni & Cheese Broccoli Cinnamon Baked Apple
11 Vegetable Lentil Soup	12 Garden Salad	13 Cauliflower Soup	14 Butternut Squash Soup	15 Garden Salad
Pepper Steak Rice Pilaf Peas 100% Juice Fruit Cup	Swedish Meatballs (Turkey) Stuffing Tapioca	Pot Roast Potatoes Braised Greens Banana	White Fish Filet Pesto Angel Hair Pasta Beets Fresh Fruit	Coconut Curry Chicken White Rice Cauliflower & Peas Poached Pears
18 Garden Salad Baked Cheese & Beans Enchiladas Vegetable Slaw 100% Juice Fruit Cup	19 White Bean Soup Roasted Chicken Scalloped Potatoes Roasted Carrots Fresh Fruit	20 Garden Salad Spaghetti and Meatballs Green Beans 100% Juice Fruit Cup	21 Christmas Special Pumpkin Soup Orange Glazed Ham Honey Yams String Bean Casserole  Apple Crisp with Whipped Topping	22 No Lunch Service 
No Lunch Service Merry Christmas 	26 Garden Salad Sausage, Spinach & Ricotta Lasagna String Beans 100% Juice Fruit Cup	27 Carrot Soup Turkey & Bean Chili Roasted Corn Salsa Cornbread Sliced Peaches	28 Garden Minestrone Citrus Chicken Beet & Potato Salad Sweet Peas Fresh Fruit	29 No Lunch Service 



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Live-In Caregivers

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(CT Relay 711)



Support That Fits Your Lifestyle

Alzheimer's & Dementia Care
Companionship ~ Personal Care ~ Meals &
Nutrition ~ Transportation ~ Household Duties
Respite Care ~ Hospice Care

Call for a free, no-obligation consultation – 203-426-6666 / 203-386-1151

CT DCP Reg.#HCA.0000160 www.homeinstead.com/307

Each Home Instead Senior Care franchise office is independently owned and operated.

Genesis

St. Joseph's Center

REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Mark Carofano to place an ad today!

mcarofano@4LPi.com or (800) 477-4574 x6347

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-862-6429



HOME **SECURITY** TEAM

Setting the Standard in Comfort and Care

Our Services

- Physical, Occupational and Speech Therapy
- Customized Clinical Programs
- Orthopedic Rehabilitation
- Cardio/Pulmonary Rehabilitation
- Cognitive Retraining
- Ambulation Retraining
- Endurance Training
- Activities of Daily Living Retraining
- Stroke Recovery
- Alzheimer's/Dementia Care
- Cardiac Care Program



PASSPORT



Ludlowe

Center for Health & Rehabilitation

www.ludlowecenterhealth.com

For a private tour, please call us at

203-372-4501

118 Jefferson Street, Fairfield, CT 06825



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Trumbull Senior Center

06-5293

What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance
- Financial Assistance: Call to inquire for criteria and eligibility.

Bring your questions, ask us if we can help you or someone you know.

New Medicare Cards to be issued beginning April 2018

Your red, white, and blue Medicare card is proof that you are enrolled in Original Medicare. It is the most important piece of identification you own as a Medicare beneficiary, and it is evidence of coverage in order to receive Medicare-covered services. Your Medicare card usually contains either yours or your spouse's Social Security number followed by a letter. **This is all going to change beginning in April 2018.** In an effort to protect you against the increasing prevalence of fraud and identify theft, CMS (Center for Medicare and Medicaid Services) will issue 57 million Medicare beneficiaries, a unique, randomly assigned Medicare Beneficiary Card. This card will include a combination of 11 characters; either uppercase letters from A to Z, (except for S, L, O, I, B, and Z - for ease of reading) and numbers 0-9. Issuance of the new cards will begin April 1, 2018 with completion by April 2019, and a transition period through December 31, 2019, which means you will be permitted to use either your old Medicare card or your new MBI card. But after December 31, 2019, you must use the new cards.

For concerns about this and you can call SWCAA CHOICES program at 800-994-9422

FREE HOME REPAIRS!

KNOW ANYONE WHOSE HOME NEEDS HELP?

Home Front volunteers are ready to repair homes at no cost to qualified homeowners in Spring 2018.

Home Front is a community-based, volunteer-driven home repair program that provides FREE repairs to low-income homeowners, thus enabling them to remain in their homes with an improved quality of life.

For more information, please call 1-800-887-HOPE (4673).

Or call Social Services at (203) 452-5198

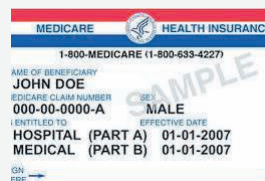
Or the Senior Center (203) 452-5199

for an application.



Energy Assistance:

Social Services will begin taking applications for the 2017--2018 Winter Heating/Energy Assistance Program beginning Monday, October 2, 2017. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.



Medicare Counseling

If you need one-on-one assistance comparing your plan options, you can call your local

State Health

Insurance Assistance Program

Your Local CHOICES Counselor is

Jennifer Gillis (203) 452-5198.

Shop with us at the Food Pantry. Please call for inquiries and eligibility. 203-452-5198
Transportation is available for pantry shoppers. (riders must be at least 18 years of age)